

Hearty Steak & Tater Stew300

Number of Servings: 300 (387.1 g per serving)

| Amount | Measure | Ingredient |
|--------|---------|--|
| 50.00 | lb | Beef, bottom round outside steak, raw, 0" trim |
| 8 1/2 | gal | Potatoes, peeled, ckd, diced |
| 8 1/2 | qt | Celery, fresh, diced |
| 8 1/2 | qt | Carrots, fresh, chpd |
| 4 1/4 | qt | Onion, white, fresh, chpd |
| 1.00 | cup | Garlic, minced, wet |
| 14.00 | gal | Water, tap, municipal |
| 6.00 | cup | Base, beef, rstd, low sod, 0344, FS |
| 3.00 | Tbs | Spice, pepper, black |
| 4 1/4 | qt | Water, tap, municipal |
| 4 1/4 | qt | Flour, all purpose, white, bleached, enrich |
| 1/2 | cup | Salt, table, iodized |

Nutrients per serving

| Nutrition Facts | |
|--|---------------------------|
| Serving Size (387g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 230 | Calories from Fat 45 |
| % Daily Value* | |
| Total Fat 5g | 8% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 50mg | 17% |
| Sodium 480mg | 20% |
| Total Carbohydrate 24g | 8% |
| Dietary Fiber 2g | 8% |
| Sugars 3g | |
| Protein 20g | |
| Vitamin A 50% | Vitamin C 10% |
| Calcium 4% | Iron 15% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300 mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

Instructions

Serving size 1 c + 1/8 c more liquid (1 1/8 c)

1 serving = 1 1/2 CS

Remove excess fat from beef. Cut beef into 1X1X1/2 inch cubes. Brown beef in stock pot. Mix beef base with first measure of water and add to beef cubes. Cover and simmer on low until beef is tender (about 1-2 hours) Add vegetables and seasonings and continue cooking 30-45 minutes (until tender).

Mix water and flour; stir some of broth into flour water mixture & gradually stir into soup until blended. Bring to boil.

Continue to simmer and stir for 2 minutes until soup is thickened.

HACCP

Cooking :

- Cook to an internal temperature of 165 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.

NOTE: 1 tsp garlic powder may be used in place of each 4 tsp wet minced garlic.

Low sodium beef base (approx 27 mg sodium/T) is called for in this recipe. Check your base sodium and delete salt if it is higher. 1 T beef bouillon granules = 2600 mg sodium per T so don't use!

Each tsp salt = approx 2400 mg sodium; amount of sodium allowed in this recipe for both salt and base is 192 mg/serving.

Hearty Steak & Tater Stew300

Number of Servings: 300 (387.1 g per serving)